



TEST YOUR DRUG ABUSE IQ

You may begin this part of the training with an “Ice Breaker” - Test Your Drug Abuse IQ! This will assist participants to think and talk about the “real” effects of substance abuse in the workplace as you explore the answers to each question.

Ask participants to turn to page 3 in their Participant’s Manuals and answer the ten True/False questions. After about five minutes, ask for their answers.

You should note that only questions 6 and 7 are False! Be sure to explain these answers. There is ample space under each questions for notes, if necessary.

How Much Do You Know About Drugs?

True/False

1. A single use (dose) of cocaine may cause a fatal heart attack.
The intensity of stimulation from cocaine may cause “overload” to the body’s cardiovascular system, resulting in sudden extremely elevated heart and respiratory rates and blood pressure, and sometimes strokes and heart attacks.
2. Americans consume 60 percent of the world’s illegal drug production.
These figures, compiled by the Bureau of Labor Statistics and the Office for Substance Abuse Prevention, present a statistical “snapshot” of one period in time. This figure is likely to change with time.
3. Steroid use may cause sexual functioning problems, such as impotence, withered testicles and a lowered sperm count.
The anabolic steroids are closely related to the male sex hormone, testosterone. Effects on sexual functioning are due to the similarity of these substances.
4. All drugs produced illegally are of questionable strength and purity.
When drugs are illegally made or adulterated in “kitchens” or other locations, there are no standards for hygiene or purity, and often no accurate measurements of drug components. Thus, there is no way to accurately determine their strength or purity.

(Participant’s Manual Page 3)



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5. Steroid use increases your risk of coronary artery disease.

While some side effects of steroid use appear quickly, the effects on the cardiovascular system, i.e. coronary artery disease, heart attacks and strokes, may not occur for years.

6. Marijuana and alcohol used together are not harmful.

Alcohol is frequently used with marijuana to prolong the marijuana "high." This combination is harmful and accounts for more than half of the marijuana related hospital emergency room cases. The impaired memory, perception and motor skills, caused by marijuana, are more significantly impaired with alcohol use. The combination of alcohol and marijuana can also cause changes in heart rate and breathing.

7. Smoking Crack increases the heart rate by 30 to 50 percent and may cause a heart attack.

Alarming increases in heart rate and blood pressure have been measured in Crack users immediately after they smoked Crack. These increases in blood pressure and heart rate, may ultimately cause a heart attack.

8. Cocaine increases your ability to perform complex tasks at work.

Cocaine does not increase your ability to perform tasks. It only changes your perception about how well you are doing your work. It makes you think you are working faster and more efficiently.

9. A small amount of PCP or LSD will only be effective for a short while.

PCP and LSD are chemicals that are stored in the fat cells of the body and remain in the body for some time. The hallucinogenic effects of these drugs can occur at any time while the drug is in the body.

10. If any members of your family are alcoholics, you are four times more likely to become an alcoholic.

Studies of alcoholics and the drinking patterns of their family members bear out these statistics. Therefore, a family history of alcoholism should serve as a warning to other members of that family.